## CLAIMS:

- A food product comprising a gelled water-based shell and a liquid centre characterised in that the water-based shell contains a mixture of kappa carrageenan and iota carrageenan in an amount sufficient to provide a gel texture, the relative proportions of kappa carrageenan and iota carrageenan being 50 to 95% by weight kappa carrageenan and 5 to 50% by weight iota carrageenan based on the sum of the weights of kappa and iota carrageenan.
- 2. A food product as claimed in claim 1 wherein the shell contains, on a dry substance basis, 1.5% to 5% by weight of the mixture of kappa and iota carrageenans.
  - 3. A food product as claimed in claim 1 wherein the shell contains, on a dry substance basis, 1.7% to 4% by weight of the mixture of kappa and iota carrageenans.

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- 4. A food product as claimed in claim 1 wherein the shell contains, on a dry substance basis, 2% to 2.5% by weight of the mixture of kappa and iota carrageenans.
- A food product as claimed in any of claims 1 to 4 wherein the mixture of kappa
   and iota carrageenans contains 60 to 95% kappa and 5 to 40% iota based on the total weight of kappa and iota.
  - 6. A food product as claimed in any of claims 1 to 4 wherein the mixture of kappa and iota carrageenans contains 65 to 90% kappa and 10 to 35% iota based on the total weight of kappa and iota.
  - 7. A food product as claimed in any of claims 1 to 4 wherein the mixture of kappa and iota carrageenans contains 70 to 85% kappa and 15 to 30% iota based on the total weight of kappa and iota.

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8. A food product as claimed in any of claims 1 to 7 wherein the shell is formed of a composition comprising in addition to the blend of kappa and iota carrageenan, water and one or more sweeteners.

- 9. A food product as claimed in claim 8 wherein the sweetener is a sugar, a sugar syrup, corn syrup or a sugar substitute or an artificial sweetener.
- 5 10. A food product as claimed in claim 8 or 9 wherein the sweetener is present in an amount of 45 to 88% of the shell.
  - 11. A food product as claimed in claim 8 or 9 wherein the sweetener is present in an amount of 72 to 83% of the shell.

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- 12. A food product as claimed in any of claims 1 to 11 wherein the composition forming the shell also contains acid, acidity regulator and/or colourant.
- 13. A food product as claimed in any of claims 1 to 12 wherein the solids content of the shell is 50 to 90% by weight.
  - 14. A food product as claimed in any of claims 1 to 12 wherein the solids content of the shell is 60 to 85% by weight.
- 20 15. A food product as claimed in any of claims 1 to 12 wherein the solids content of the shell is 75 to 85% by weight.
  - 16. A food product as claimed in any of claims 1 to 15 wherein a 3.5mm thick slice of the shell has an optical density of 0.2 or less.

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- 17. A food product as claimed in any of claims 1 to 15 wherein a 3.5mm thick slice of the shell has an optical density of 0.1 or less.
- 18. A food product as claimed in any of claims 1 to 17 wherein the liquid centre is a 30 fat based composition.
  - 19. A food product as claimed in claim 18 wherein the liquid centre is a flavoured oil or chocolate.

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- 20. A food product as claimed in any of claims 1 to 19 wherein the liquid centre contains water and sweetener.
- 5 21. A food product as claimed in claim 20 wherein the sweetener is a sugar, a sugar syrup, com syrup or a sugar substitute or an artificial sweetener.
  - 22. A food product as claimed in claim 21 wherein the liquid centre contains colour, flavour, acid and/or one or more functional ingredients.
- 23. A food product as claimed in claim 22 wherein the liquid centre contains at least one of minerals, vitamins and herbs.
- 24. A food product as claimed in any of claims 20 to 23 wherein the water content
  15 of the liquid centre is from 10 to 30% by weight and the sweetener content is from 70 to 90% by weight.
  - 25. A food product as claimed in any of claims 1 to 24 wherein the viscosity of the liquid centre is in the range from 0.01 to 10,000 Pa s.
  - 26. A food product as claimed in any of claims 1 to 25 wherein the shell has a thickness of 1mm to 10mm.
- 27. A food product as claimed in any of claims 1 to 25 wherein the shell has a thickness of 2mm to 7.5mm.
  - 28. A food product as claimed in any of claims 1 to 25 wherein the shell has a thickness of 2.5 to 5mm.
- 30 29. A food product as claimed in any of claims 1 to 28 wherein the liquid filling comprises 5 to 90% of the product.

- 30. A food product as claimed in any of claims 1 to 28 wherein the liquid filling comprises 7 to 30% of the product.
- 31. A food product as claimed in any of claims 1 to 28 wherein the liquid filling comprises 10 to 25% of the product.
  - 32. A food product as claimed in any of claims 1 to 31 which is gelatin free.
- 33. A process for the manufacture of a food product as claimed in any of claims 1
  to 32, which comprises introducing the water-based shell composition in liquid form and the liquid centre into a mould so that the shell surrounds the centre and gelling the shell.
- 34. A process as claimed in claim 33 wherein the components are introduced into starch moulds.
- 35. A process as claimed in claim 33 or 34 wherein the water-based shell composition in liquid form and the liquid centre are introduced into a mould using an apparatus which provides a co-axial deposit, initially depositing shell, then introducing a flow of filling co-axially with the shell material and finishing with just shell.